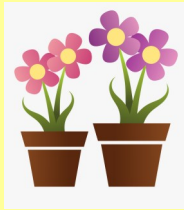


May 2023

Union Place

Call to sign up
519-371-3642 Ext. 1214 (April)



M o n	T u e	W e d	T h u	F r i
1 Movie and Snacks 1:30pm Jumanji	2 Heritage Place Mental Health Popup & Chair Yoga 1:00pm	3 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Mental Health Week </div>	4 Bike to Soccer Complex 1:30pm	5
8 Garden Cleanup 1:30pm	9 Recovery College: Worry/Stress/Anxiety 1:30pm	10 Street Beats Practice & Planning 11:00am	11 	12 Mary's Farm 11am (Bird watching and a hike)
15 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> See Julie to sign up for Recovery College this week </div>	16 Recovery College: Worry/Stress/Anxiety 1:30pm	17 Mindfulness Walk with Julie 9:00am	18	19
<b style="color: red;">No drop in this week. Take out brunch only. Regular programming to resume May 23rd				
22 <b style="color: red;">Union Place Closed Today	23 	24 Street Beats Hospital Visit 1:30pm	25 Food Fun! Ultimate Grilled Cheese and Spinach Salad 1:30pm	26
29 Garden Planting 1:30pm	30 Recovery College: Worry/Stress/Anxiety 1:30pm	31 Mental Health Coffee House Farmers Market	1 Waste Walk 1:30pm	2
Walking group Monday-Friday 9:00am Brunch Drop in Monday-Friday 10:00am-11:00am			Questions? Looking to signup for a group? Give April a call 519-371-3642 ext. 1214	